breathing room

Every Thursday, 3–5 pm
at the new Spiritual Life space
in Ida Noyes (034)
spirit.uchicago.edu

Inhale. Exhale. Repeat.
Relax, talk with a friend, draw a mandala, enjoy the quiet of the meditation space, or hang out with Spiritual Life staff—every breath is yours.
Light refreshments.

Jigna Shah, director | Tahir Abdullah, assistant director and advisor for Muslim affairs | Rachel Heath, spiritual life coordinator
At the **new Spiritual Life space** in Ida Noyes (034) you’ll find breathing room, and a place to reflect on questions of meaning—with new friends of traditions from Ásatrú and Atheist to Zen and Zoroastrian.

***

Drop by the **welcome room** to meet Spiritual Life staff, student leaders, and affiliates (advisors to diverse traditions).

***

Gather at the **kitchen table** for a hot drink. It’s on us.

***

Enjoy the peace of the **meditation room**, a technology-free space accessible during building hours with your ID.*

***

Find the Hindu and Muslim **prayer rooms** at Rockefeller (021 and 015), accessible seven days a week with your ID.*

---

Experience diverse spiritual events at Rockefeller and Bond, as well as the many performing arts events which happen in these spaces (you can even request a song to be played on the carillon). Experience the deep connections of spirituality and the arts. Pick up a copy of *Arts Rock* from us, as well as this quarter’s Spiritual Life event info.

---

*See us at Spiritual Life to get your card activated for the particular spaces you’ll want to use.